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Mouth-shaped urinal gets the kiss-off from bar

HAMILTON A urinal shaped like a woman's wide-open mouth has been flushed out of a Hamilton eatery following a nearly year-long public outcry.

The glossy, red-lipped loo at The Honest Lawyer restaurant sparked a letter-writing campaign that attracted almost 1,100 people, including Ontario's NDP leader and Hamilton's mayor.

Some people argued the "Kisses! urinal" — manufactured by Bathroom Mania! in the Netherlands — was art or just a joke.

The Woman Abuse Working Group disagreed and led efforts to oust what it considered to be an offensive water closet.

Said Lenore Lukasik-Foss, the chairwoman of the group: "It's not a joke to pee into a woman's mouth." THE CANADIAN PRESS

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Food pg 12

No-bake cake beats the heat

On the web
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Parliament Hill **Protesting naval raid**

ADRIAN WYLD/THE CANADIAN PRESS

A protester stands on the front steps of Parliament Hill demonstrating against Israel's naval raid on ships carrying aid and hundreds of pro-Palestinian activists to the Gaza Strip during a protest yesterday in Ottawa. More coverage, pages 3 & 4.

No hard answers in Mulroney inquiry

PROBE A public inquiry that examined Brian Mulroney's relationship to a German arms dealer has found a mess of lies, contradictions, calculated concealment and unresolved questions.

But the report that cuts to "the heart of the integrity of government" could do no better — or worse — than find that the former Conservative prime minister breached his own ethics code. That breach didn't even involve the hundreds of thousands of dollars in secret cash payments Mulroney received from Karlheinz Schreiber.

While Mulroney received one more — perhaps final — public shaming from Justice Jeffrey Oliphant, those seeking definitive answers about his business relationship with Schreiber were left largely disappointed.

The inquiry could find no work that Mulroney did to justify the payments, nor could it even determine whether he received $225,000 (Mulroney's version) or $300,000, as stated by Schreiber.

Perhaps most alarming, Oliphant found the same suspect dealings could happen in 2010.

THE CANADIAN PRESS

Smoke alarms

Fires prompt smog warning

TIM WIECLAWSKI and TRACEY TONG

As locals prepare to celebrate Clean Air Day tomorrow, a layer of smoke from forest fires burning in Quebec compelled the city's medical officer of health to issue a smog advisory yesterday.

According to the Ontario Ministry of the Environment's air quality index, the air in Ottawa reached a very poor level by 10 a.m. The ministry says very poor air can have serious respiratory effects, even during light physical activity.

"What is in the air right now is a component of smog. It is called fine particulate matter," said Jean-Guy Albert, a program manager with Ottawa Public Health.

Air quality in Ottawa varies from year to year, said Albert. The city is really a victim of weather and the industrial activity in southern Ontario and the United States.

According to Mike Buckthought, the co-ordinator of the Commuter Challenge in Ottawa-Gatineau, the forest fires, smog and last week's record high temperatures are all signs of climate change.

"These are things we expect to see more of in the future if we don't do something about it," he said.

An easy way to fight climate change is to use sustainable transportation, Buckthought said.

Held to coincide with Environment Week, the Commuter Challenge encourages people to use sustainable modes of transportation, including walking, cycling and public transit.

Last year, 44,500 challenge participants nationwide, 2,600 of which were in Ottawa, reduced greenhouse gas emissions by an estimated 655 tons.

The city is also marking Clean Air Day tomorrow with an event at city hall at noon. Coun. Clive Doucet, in collaboration with the Netherlands Embassy, is hosting the event, which includes the best-dressed bicycle commuter contest and speaker Cathy Anderson, one of five cyclists struck by a minivan while cycling on March Road in Kanata last year.

TRACEY TONG/METRO OTTAWA

Smoke from yesterday's forest fires in Quebec wafted into Ottawa yesterday, leaving a smoggy veil over the city.

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Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

Local

Treat a friend to free bus ride tomorrow

OC Transpo and the Société de transport de l'Outaouais are teaming up to give passengers who travel with a buddy a free ride tomorrow. To celebrate Clean Air Day, transit users in the National Capital Region will be able to bring a friend on board for free when they show their transit pass or pay their fare. The one-day offer is to encourage commuters to leave their car to help reduce traffic congestion and pollution from emissions. METRO OTTAWA

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Kanata's Pathway Patrol looking for volunteers

SUMMERTIME The city's Pathway Patrol is expanding into Kanata for the first time this summer and is looking for a few good men and women.

Anyone interested in volunteering to hand out information, provide directions and promote healthy living on local pathways should attend an information session at the John G. Mlacak Arena at 7 p.m. next Monday.

The program runs through the summer months during daylight hours. It includes trails on municipal and federal parkland from Andrew Haydon Park in the west to Petrie Island in the east and to the Greenboro Community Centre in Ottawa South.

TIM WIECLAWSKI/METRO OTTAWA

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What's online today.

Blogs Backbeat braces himself for the demise of the traditional album by counting down the best.

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Major's Hill Park **Cancer Connections**

TRACEY TONG/METRO OTTAWA

PhotoSensitive project co-ordinator James Burns works on the installation of the Cancer Connections photo exhibit at Major's Hill Park yesterday. Designed to raise awareness of the disease, the 540-photo exhibit, which opens at the park at noon today and runs through June 10, features photos of cancer survivors, victims, their families, and researchers, doctors and fundraisers.

$3M for intersection

Riverside-Heron 'red zone' to be made safer

TRACEY TONG
tracey.tong@metronews.ca

One of the worst intersections in the city for collisions will be getting some long overdue work to make it safer for drivers and cyclists alike, a city councillor announced yesterday.

The intersection at Riverside Drive and Heron Road is littered with bits of vehicle taillights — one of the telltale signs that the intersection is "the No. 2 red zone in the city," said Coun. Maria McRae.

In 2009, the intersection saw 35 collisions. The city's worst intersection is Woodroffe Avenue and Baseline Road.

McRae, who is the transportation committee chair, along with committee vice-chair Coun. Christine Leadman, announced $3 million in improvements to Riverside and Heron. Beginning immediately and for the next 18 months, the city will add more through lanes and put cycling lanes on Heron and Riverside, make turning lanes longer and reconfigure an existing channelized island to a smart channel, improving sight lines.

Along with construction, the city is working with police on enforcement, and has its own public education campaigns targeting drivers, cyclists and pedestrians. This integrated method has resulted in a decrease in the number of collisions in the city, McRae said. The number of traffic fatalities in the city has also gone down from 30 in 2008 to 26 in 2009.

"We want it to get better," said McRae. "We want to get that number down to zero."

Road report

- The announcement coincides with the city's release of the 2009 Ottawa Road Safety Results. The report stated there were 15,479 collisions in the city last year, which had an estimated cost of $788 million.

Toolkit to help solve community issues

LAUNCH There is a huge confusion out in the community about where to report problems and how to get help, according to Nancy Worsfold, the executive director of Crime Prevention Ottawa.

Many people don't know who to call for a noise complaint (bylaw officers), or if patrons are consistently being overserved at the local bar (the Alcohol and Gaming Commission of Ontario) or who to call to close off their street for a block party (311).

"Communities need to know that there is help and ways of addressing those issues," said Worsfold.

To help people get more involved in their community, Crime Prevention Ottawa has launched an online Neighbourhood Toolkit. Crimepreventionottawa.ca is intended to be a resource to help individuals and community groups create a safer, more engaged neighbourhood, said Rideau-Rockcliffe councillor and CPO chair Jacques Legendre.

TIM WIECLAWSKI/METRO OTTAWA

Ottawa police Chief Vern White and Crime Prevention Ottawa executive director Nancy Worsfold hold Neighbourhood Toolkit fridge magnets.

"This is a tool that will help them be more effective sooner," he said.

Knowing where to go and who to connect with can make a big difference in helping a troubled neighbourhood turn things around, said Ottawa police Chief Vern White.

"The community often needs assistance from other agencies, such as the police, and of groups," said White. "This toolkit will help all of us engage better in those communities and make them more successful."

TIM WIECLAWSKI/METRO OTTAWA

Citizens, leaders set to mingle at GovCamp 'unconference'

EVENT Hundreds of people with ideas about how key players from the government, industries and citizens can interact are expected to attend the first-ever Canada GovCamp at the University of Ottawa today.

Normally, it's a challenge for regular people to communicate with the people who deliver the services, said GovCamp organizer John Weigelt. The "unconference" will bring together members of the community including IT people, policy people, and government services leaders.

Participants establish the agenda on the floor and explore themes that are of most interest to them.

"The event is about bringing people together," said Weigelt. "It looks at new ways individuals, and businesses can interact with the government and ways that the government can work amongst themselves."

TRACEY TONG/METRO OTTAWA

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Health Canada to publish sodium reduction report
Health Canada is set to release its long-awaited strategy to reduce sodium in Canadian diets in July. TORSTAR NEWS SERVICE

Canada

Feds shy away from criticizing flotilla raid

Israeli PM cuts visit short in light of diplomatic crisis

The Canadian government refused to join an international chorus of condemnation of a botched Israeli raid on a humanitarian aid flotilla outside territorial waters that left at least nine dead and many more injured.

Israeli Prime Minister Benjamin Netanyahu met Prime Minister Stephen Harper in Ottawa early yesterday before cutting short his two-day visit, and cancelling a trip today to Washington.

"Canada deeply regrets this action, the loss of life and the injuries that have occurred," Harper said. "Obviously we'll be looking in the days that follow to get all the information we can get to find out what has transpired here," he told Netanyahu in front of cameras.

But the NDP and Bloc Québécois joined a number of international leaders, and countries, which called for an independent international investigation into the incident.

The Liberals, on the other hand, hewed closer to the Harper government's reaction, issuing a statement that "While we will always support Israel's right to self-defence, a measured response is important when dealing with security threats in this region." THE CANADIAN PRESS

MORE COVERAGE, PAGE 4

Harper said

- Harper added he was "sorry this has coloured this (visit) but delighted" he could meet with Netanyahu, however briefly.

Canada tells G20 finance ministers to back off on bank tax talk.
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Halifax **Star-spangled tribute**

ANDREW VAUGHAN/THE CANADIAN PRESS

Chief Petty Officer Douglas Beauregard pays his respects to the nearly 200 American prisoners of the War of 1812 who died while confined on Melville Island and are buried on nearby Deadman's Island in Halifax, during a Memorial Day ceremony yesterday.

News in brief

COURTS A Windsor, Ont., surgeon who mistakenly removed a woman's breast believing it was cancerous, alleges her patient was not upset to discover the error — and even wanted her other breast removed just in case. Dr. Barbara Heartwell has filed a statement of defence in Windsor in response to a lawsuit launched by her former patient Laurie Johnston, of Leamington, Ont.

TEEN SMOKING The Canadian Cancer Society says new teen smoking statistics show efforts to keep kids from smoking have stalled. The youth smoking survey done for Health Canada shows the rate of kids in grades 6 to 9 who smoke has inched up a little since 2004-2005 and the rate of current smokers among older teens has as well. The survey found 13 per cent of kids in grades 10 to 12 smoked in 2008-2009, up from 11 per cent in 2006-2007. THE CANADIAN PRESS

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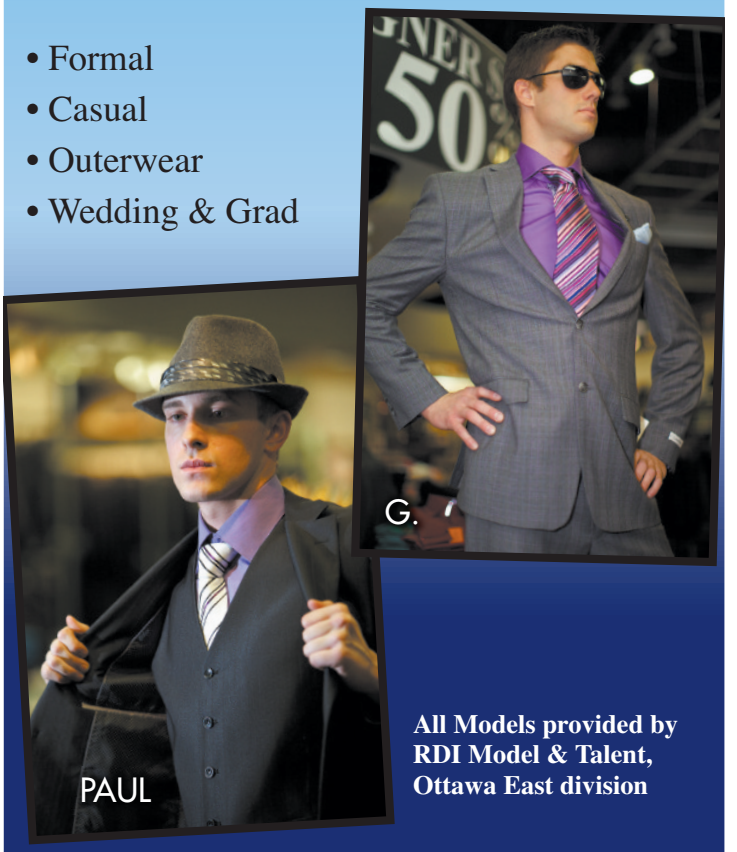

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Defending or de-friending Facebook

"Quit Facebook" was a trending topic on Twitter yesterday as tens of thousands of users claimed they were ready to abandon the popular site. But plenty more of the site's more than 400 million users aren't going anywhere. Most of the chatter on Twitter was about how users had no intention of participating in the campaign. THE ASSOCIATED PRESS

World

Fergie says she was drinking on tape

Sarah Ferguson says she had been drinking and was "not in my right place" when she was caught on video offering access to her former husband, Prince Andrew, for $724,000 US. The Duchess of York made the comments to talk show host Oprah Winfrey in an interview to air today. The interview was taped Friday in Los Angeles, and excerpts were released yesterday by Winfrey's Harpo Productions. THE ASSOCIATED PRESS

India **Economy improving**

RAJIB MAJUMDAR/THE ASSOCIATED PRESS

Indian labourers nap during a lunch break at a workshop in Mumbai yesterday. A rebound in manufacturing and recovering farm output drove India's quarterly economic growth to 8.6 per cent, the best in two years.

News in brief

OIL SPILL Independent scientists and government officials say there's a disaster we can't see in the Gulf of Mexico's mysterious depths, the ruin of a world inhabited by enormous sperm whales and tiny, invisible plankton. Researchers have said they have found at least two massive underwater plumes of what appears to be oil, each hundreds of feet deep and stretching for miles THE ASSOCIATED PRESS

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Israel takes heat over flotilla raid

Israeli naval commandos stormed a flotilla of ships carrying aid and hundreds of pro-Palestinian activists to the blockaded Gaza Strip yesterday, killing nine passengers in a botched raid that provoked international outrage and a diplomatic crisis.

Dozens of activists and six Israeli soldiers were wounded in the bloody predawn confrontation in international waters. The violent takeover dealt yet another blow to Israel's international image, already tarnished by war crimes accusations in Gaza and its three-year-old blockade of the impoverished Palestinian territory.

Prime Minister Benjamin Netanhayu cancelled a much-anticipated meeting with U.S. President Barack Obama in Washington today in a sign of just how gravely Israel viewed the uproar. In Ottawa, Netanyahu announced he was rushing home but said he had called the American president and agreed to meet again.

The activists were headed to Gaza to draw attention to the blockade, which Israel and Egypt imposed after the militant Hamas group seized the territory of 1.5 million Palestinians in 2007.

There were conflicting accounts of what happened early yesterday, with activists claiming the Israelis opened fire without provocation and Israel insisting its forces fired in self defence.

Speaking alongside Prime Minister Stephen Harper, Netanyahu expressed "regret" for the loss of life but said the soldiers had no choice. "Our soldiers had to defend themselves, defend their lives, or they would have been killed," he said.

Israel said it opened fire after its commandos were attacked by knives, clubs and live fire from two pistols wrested from soldiers after they rappelled from a helicopter at about 4 a.m. to board one of the vessels.

Night-vision footage released by the military showed soldiers dropping from a helicopter one by one and being grabbed by a mob of men wielding sticks on the lead boat, the Turkish-flagged Mavi Marmara. The soldiers succumbed to the assailants and fell to the deck, where the men continued to beat them and dump one of them from the top deck.

Turkey withdrew its ambassador to Israel yesterday and the UN Security Council held an emergency meeting, with the Palestinians and Arab nations demanding condemnation and an independent investigation. THE ASSOCIATED PRESS

AMR NABIL/THE ASSOCIATED PRESS

An Egyptian protester shouts anti-Israeli slogans in front of a Palestinian flag during a rally in Cairo yesterday.

Canadian

- Friends of a Victoria, B.C., man who was aboard a convoy of ships stormed by Israeli soldiers off the Gaza coast yesterday were anxiously waiting to hear from him. Kevin Neish, 53, had joined pro-Palestinian activists aboard the ship Challenger II, one of six vessels on an aid mission to carry humanitarian relief to the blockaded Gaza Strip. The Department of Foreign Affairs said no Canadians were believed to be injured in the raid.

More than 140 killed by storm

CENTRAL AMERICA Flooding and landslides from the season's first tropical storm have killed at least 144 people and left thousands homeless in Guatemala, El Salvador and Honduras, officials said yesterday.

Dozens of people are still missing and emergency crews are struggling to reach isolated communities cut off by washed-out roads and collapsed bridges caused by Tropical Storm Agatha. The sun emerged yesterday in hardest-hit Guatemala, where officials reported 118 dead and 53 missing. In Chimaltenango — a province west of Guatemala City — landslides buried dozens of rural Indian communities and killed at least 60 people, Gov. Erick de Leon said.

"The department has collapsed," de Leon said. "There are a lot of dead people. The roads are blocked. The shelters are overflowing. We need water, food, clothes, blankets — but above all, money." THE ASSOCIATED PRESS

Afghanistan cracks down on Christian aid groups for allegedly converting Muslims.
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AIR CANADA VACATIONS

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All-Inclusive • Deluxe rm.
June 5, 12 & 19 • 1 wk.
$649
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Departure tax: 26 USD cash, paid locally

TURKS & CAICOS via Toronto
Royal West Indies Resort • 4★
Studio botanical view
June 20 & 27 • 1 wk.
$799
+Taxes & other fees (including service charges): $260
Departure tax: 20 USD cash, paid locally

CUBA
Cayo Coco / Cayo Guillermo via Toronto
TRYP Cayo Coco • 4★
All-Inclusive • Standard rm.
June 5 – 19 • 1 wk.
$349
+Taxes & other fees (including service charges): $238
Departure tax: 25 CUC cash, paid locally

Santa Clara via Toronto
Barceló Cayo Santa Maria • 4★
All-Inclusive • Junior suite
June 5 – 19 • 1 wk.
$459
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$349
+Taxes & other fees (including service charges): $325

Punta Cana via Toronto
Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
June 6 – 19 • 1 wk.
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Woman blames Google Maps for car accident

A Utah woman is suing Google, claiming its maps function gave her walking directions that led her onto a major highway, where she was struck by a car. The lawsuit seeks more than $100,000 in damages. **TORSTAR NEWS SERVICE**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

The iPad's competition?

Taiwan's AsusTek Computer Inc. unveiled yesterday a portable tablet computer that runs on Microsoft's Windows 7 operating system, joining a slew of manufacturers trying to tap demand for the sleek devices following Apple's launch of the iPad.

AsusTek is among several Taiwanese computer makers to display tablet PCs at the five-day Computex Show in Taipei that opens today.

Acer Inc., the world's second largest PC vendor, unveiled last week a seven-inch touchscreen tablet that like many other coming models runs on Android, the operating system that Google is distributing for free for mobile devices.

AsusTek's touchscreen tablet, with the name of Eee Pad, comes in 10- and 12-inch sizes and is set to go on sale in the first quarter of 2011.

CHIANG YING-YING/THE ASSOCIATED PRESS

Makers hope the AsusTek Eee Tablet computer will provide a challenge to Apple's iPad.

In addition to full Windows support, company chairman Jonney Shih said Eee Pad is equipped with a web camera and runs Flash by Adobe Systems which will allow users to view YouTube and other video programs on the Internet.

The 10-inch Eee Pad will sell for $399 to $449 US. No price tag was given for the 12-inch model. By contrast, Apple's iPads cost $499, $599 or $699 depending on the data storage capacity, but iPads use the HTML5 standard and its lack of Flash support has alienated some users.

AsusTek also unveiled an e-notepad that serves as both an electronic-reader and note-taking device with a built-in camera.

THE ASSOCIATED PRESS

Can the EU survive as the debt crisis drives its member nations apart?

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Soaring numbers in Q1 precede big rate decision

ECONOMY The Canadian economy was roaring in the first quarter, jumping ahead of even the rosy estimates of economists to post an oversized 6.1 per cent annualized advance during the first three months of 2010.

It was the largest quarterly expansion in more than a decade.

The number doubled what the U.S. economy managed to produce and bettered the consensus forecast for a 5.8 per cent increase.

As significant was that output in March, the last month of the quarter, advanced 0.6 per cent from February, giving the economy a strong hand-off to the second quarter.

With the Bank of Canada scheduled to make a decision on interest rates this morning, the gross domestic product data was expected to add to the pressure on governor Mark Carney to move rates higher for the first time in about three years.

THE CANADIAN PRESS

Business in brief

STRIKE Jazz Air flight attendants have voted in favour of a strike to back negotiations for a new contract to improve their salaries and working conditions. The Canadian Flight Attendants Union said yesterday the cabin crew for the airline could go on strike, or be locked out, as early as June 16.

THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Tips for dating on a dime this summer

AlisonOnMoney

Summer is the best time to ramp up your social life. Why? Because the now accessible great outdoors allows you to date on a dime without feeling guilty about being a tightwad.

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Feeling the budget pinch doesn't have to crimp your social life. Learn to date on a dime.

A romantic candlelight dinner with cocktails and wine in the city can easily set you back $200.

But the romance factor increases logarithmically when you set the table yourself under the stars. Cold roasted chicken, veggies and dip, a french bread stick and a bottle of wine tastes like it cost a million bucks with the constellations overhead.

Here are a few date-on-a-dime picnic tips:

- Scout your location first. Spreading your blanket on the grass is lovely but not everyone's knees and rump are made for an evening on the ground. Many parks have picnic tables but also look for cover in case of rain.
- If you are pressed for time buy a grocery store roasted chicken and cut it up, the cost isn't much different than cooking a bird from scratch. But do the veggies yourself the night before and wrap them in plastic to keep them fresh. Make a cheap and healthy dip with low fat sour cream, soft cream cheese, a spoonful of canned onion soup (get lots of the onions), a pinch of dill and chopped fresh or bottled garlic.
- Buy plastic plates and glasses rather than disposable. Great sets are available everywhere now at a very inexpensive cost and you can reuse them for years.
- Candles with lids are also a good purchase. They'll last through many dinners and withstand a bit of wind. Another option is a collapsible or telescoping camping lantern with either candle or battery LED light.
- Bug spray isn't the most romantic scent but scratching and swatting can get in the way of cuddling. Bring a couple of light-weight blankets instead.
- An inexpensive wine for outdoor dining is rosé — not the nasty, sweet swill of years ago but the new, drier versions that taste of summer. And they're nicer than white when they warm up.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Renting versus owning: Which is better option?

MoneyMatters

Q My investments have been limited to Guaranteed Investment Certificates (GICs). Now I want to broaden my portfolio. Also, would I be better off buying a home or continue renting? — Jean-Pierre

A GIC's offer low returns but your principal is secure. High returns do not come without risk. If you do not have the stomach for volatility and the peaks and valleys of the stock markets, then financial instruments may not be the place for you.

Home ownership provides security and builds wealth. Navigating your way through the maze of various types of financial investments available can be confusing even to savvy investors. Buying a home can be simpler choice.

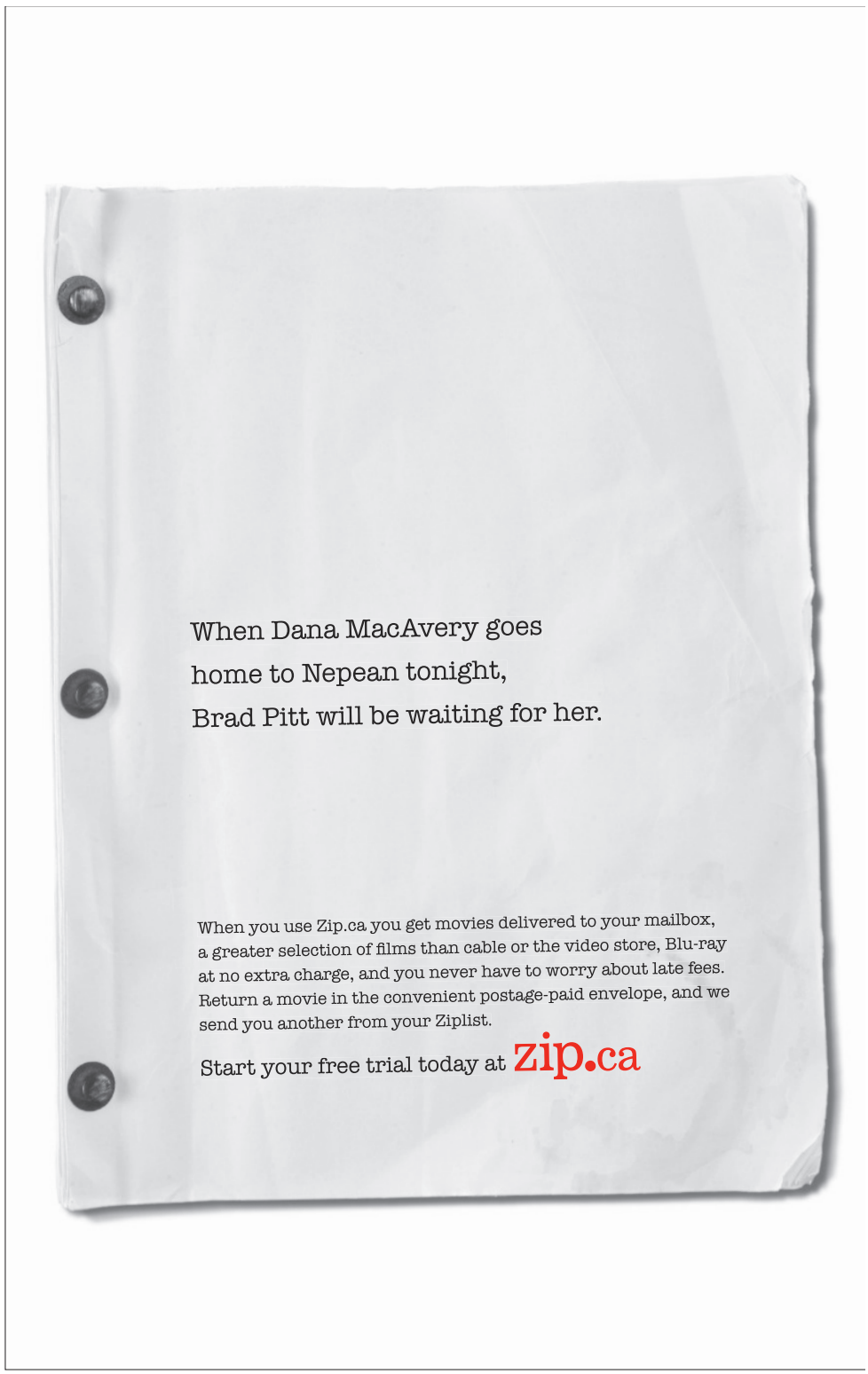
Benefits of owning:

- Pride of ownership.
- It builds equity and wealth over the long term.
- There are no taxes on sale of principal residence.
- Payments go towards paying off mortgage.

Benefits of renting:

- Money that would go toward paying property taxes, condo fees, etc. can be invested.
- Wealth grows faster. Historically, stocks yield higher returns than real estate.
- RRSP contributions are tax deductible, mortgage payments are not.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca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Comment

Mulroney hit hard, but not KO'd

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Brian Mulroney's reputation took a further blow yesterday with the release of the Oliphant Commission report. He was hoping for a slap on the wrist. Instead he got a whack across the jaw. But there was no knockout.

Everyone already knew the former prime minister had acted inappropriately in accepting cash payments from wheeler-dealer Karlheinz Schreiber. Mulroney has already admitted this and conceded it was a serious error of judgment.

But what we wanted to know and what we didn't find out is why the secret payments were made. Until that mystery is solved — and it likely never will be — this case is unsolved. The extent of Mulroney's transgression, his degree of culpability, cannot be answered.

Mulroney had testified that he took the cash to lobby international leaders for the sale of light-armoured vehicles on behalf of Schreiber's clients. But the Oliphant report drove holes through that theory as it did some of the other Mulroney testimony on the case.

One of the most devastating parts of the report concerned Mulroney's statements regarding his relationship with Schreiber in 1996 legal proceedings on a related controversy. Justice Jeffrey Oliphant cast doubt on the integrity of the testimony, and added that Mulroney's later attempts to justify what he said were "patently absurd."

Justice Oliphant's findings on that testimony could be interpreted as an allegation of perjury. The report also found that Mulroney had violated his own government's code of ethics in his business dealings with Schreiber.

What now? Yesterday's report will likely be the end of it. No major new revelations on the story are likely to be found. Journalists have been tracking it for two decades. The RCMP investigated the related Airbus matter for several years. And this commission took its turn and the questions remain.

One of the strange things was that Mulroney himself encouraged Stephen Harper to call this probe. That's something a guilty man would not readily have done. He likely felt that, as was the case with the Airbus inquiry, he would be vindicated.

Yesterday's report was by no means vindication. But after a few days of bad headlines, Mulroney will be able to finally move on. He may in fact be guilty of worse transgressions than have been revealed. But to a certain extent, justice has been done.

It's about reputation. Mulroney cares about reputation as much as anyone else, even more so. For years, his reputation has suffered on account of his Schreiber dealings, serving to diminish his accomplishments as prime minister. This shadow on his legacy is warranted. But the shadow is not the substance.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Worth mentioning

UN, groups pressure nations on climate cash

A new round of climate negotiations kicked off in Germany yesterday with squabbling over money and procedural questions that could threaten progress at the two-week UN conference.

UN climate chief Yvo de Boer and activists from groups including Oxfam, Greenpeace, and WWF pressured industrial nations to live up to their promises of financial aid to poor countries as about 4,500 participants from 182 countries gathered in Bonn.

Concrete financial contributions must "show that developed countries are ready to deliver what they promised five months ago in Copenhagen," de Boer told reporters, referring to the disappointing climate summit in the Danish capital in December.

Industrial nations at Copenhagen pledged $30 billion in aid from 2010-12 to help poorer nations start environmentally friendly development programs and adapt to the worst consequences of climate change.

However, de Boer and non-governmental organizations say developing nations remain skeptical if the money will come through and if it is additional or simply relabelled funds already pledged for other purposes.

"The finance part has not been solved," Greenpeace expert Wendel Trio told The Associated Press.

Oxfam said it is becoming clear that rich nations want to hand out much of the money as loans instead of grants, thereby saddling developing nations with new debts for a problem largely caused by industrial countries.

"It's like crashing your neighbour's car and then offering a loan to cover the damages," Oxfam's Antonio Hill said in a statement.

The European Union tried to dispel such doubts, stressing that the $3 billion US per year it promised in Copenhagen have been confirmed by finance ministers, and about 70 per cent will be handed out as grants.

"This is fresh money in any case — we are not recycling money," Spanish climate change official Alicia Montalvo said on behalf of the EU presidency.

THE ASSOCIATED PRESS

MICHAEL DE ADDER

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Bynum has fluid drained from troublesome knee

Los Angeles Lakers centre Andrew Bynum had his right knee drained of excess fluid yesterday. He hopes the procedure will allow him to play closer to full strength in the NBA finals. THE ASSOCIATED PRESS

9

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

Hawks take command

(Chicago leads series 2-0)

Flyers 1 Blackhawks 2

VS

Marian Hossa and Ben Eager scored 28 seconds apart late in the second period, Antti Niemi had 32 saves and the Chicago Blackhawks beat the Philadelphia Flyers 2-1 last night for a 2-0 lead in the Stanley Cup finals.

After a wild scoring display when Chicago won the opener 6-5, Game 2 featured tightened-up defences with goalies Niemi and Michael Leighton of the Flyers stepping up.

Then the Blackhawks struck quickly, not once but twice, to send the United Center into a frenzy.

The Flyers, who are in the finals because of their ability to come from behind as they did in erasing a 3-0 deficit against Boston, got right back in the game when Simon Gagne scored as a power play was about to elapse at 5:20 of the final period.

But Niemi fought off a late flurry — 15 of his saves came in the final period when Philadelphia had a 16-4 shots advantage.

NAM Y. HUH/THE ASSOCIATED PRESS

Philadelphia Flyer Daniel Carcillo butts heads with Chicago Blackhawk Tomas Kopecky as they confront each other last night.

Games 3 and 4 will be played in Philadelphia on Wednesday and Friday.

The Flyers' Daniel Carcillo was back after being held out the past three games, on the first line alongside Michael Richards and Jeff Carter. It didn't take long for things to heat up.

Carcillo tried to run into Chicago's Tomas Kopecky but wound up flattening Carter instead, to the fans' delight. The cameras caught Carcillo yelling at the Blackhawks' bench a few minutes later and he wound up with an unsportsmanlike penalty late in the period.

Carter and Jonathan Toews also had a heated exchange with just under three minutes left in the first, after Toews tried to knock in a loose puck. He wound up swatting Leighton in the back of the leg with his stick.

THE ASSOCIATED PRESS

Henin upset by Australian Stosur

TENNIS Needing one point for an upset win over Justine Henin at the French Open, Sam Stosur wavered, hitting a double-fault.

The Australian took a deep breath and tried again.

This time she launched a confident serve into the corner, setting her up for an overhead slam to seal the biggest victory of her career.

Stosur sidelined Henin 2-6, 6-1, 6-4 in the fourth round yesterday, ending the four-time French Open champion's streak of 24 consecutive victories at Roland Garros. Stosur's opponent in the quarter-finals will be top-ranked Serena Williams, who beat Shahar Peer 6-2, 6-2.

Another four-time champion, Rafael Nadal, advanced by beating No. 24-seeded Thomaz Bellucci 6-2, 7-5, 6-4.

THE ASSOCIATED PRESS

Sports in brief

BASEBALL Ubaldo Jimenez pitched a four-hitter to become the majors' first 10-game winner this year, outpitching Tim Lincecum to lead the Colorado Rockies past the San Francisco Giants 4-0 in yesterday's highly anticipated Memorial Day matchup. Clint Barmes hit a two-run single in the second inning that held up for Jimenez (10-1), who struck out nine, lowered his big league-best ERA to 0.78 and extended his career-best scoreless innings streak to 26.

BASEBALL Here's a chance to buy tickets to a guaranteed perfect game — the one Roy Halladay already threw. The Florida Marlins will begin selling today unused tickets to the game in which the Philadelphia Phillies ace pitched the 20th perfect game in major league history, a 1-0 victory over the Marlins on Saturday. All tickets will be regularly priced.

ADIDAS Adidas has hit back at criticism that the World Cup ball is difficult to control and a nightmare for goalkeepers by saying it was widely tested and approved long ago. Company spokesman Thomas van Schaik said yesterday he was surprised to hear the criticisms, made by top goalkeepers such as Spain's Iker Casillas and Brazil's Julio Cesar, because the balls had been used for months without any complaints.

THE ASSOCIATED PRESSS

SCOREBOARD

BASEBALL

YESTERDAY'S AL RESULTS

Toronto 3 Tampa Bay 2
L.A. Angels 7 Kansas City 1
N.Y. Yankees 11 Cleveland 2
Oakland 4 Detroit 1
Minnesota at Seattle

YESTERDAY'S NL RESULTS

Atlanta 9 Philadelphia 3
Colorado 4 San Francisco 0
Florida 13 Milwaukee 5
Pittsburgh 2 Chicago Cubs 1
Washington 14 Houston 4
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Arizona at L.A. Dodgers
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NHL

YESTERDAY'S RESULTS

Chicago 2 Philadelphia 1 (Chicago leads series 2-0)

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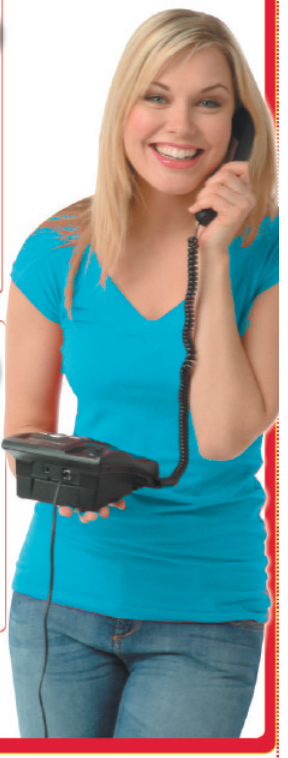

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Kraft aims to help raise funds for food banks

More than 800,000 Canadians were helped by food banks last year. To honour Hunger Awareness Day Kraft Canada will match donations made to Canadian food banks starting today until June 11. For more info go to foodbankscanada.ca. METRO NEWS SERVICES

Health & Beauty

Tabata brings back the intensity

Program was developed to train Japanese Olympic speedskaters

CELIA MILNE
for Metro Canada

No pain, no gain. That's the basic premise of a new exercise method lunging its way into the mainstream. Tabata is a type of high-intensity interval training that only takes four minutes. It's tough, but after it's over, your body continues to burn calories.

"I'm excited about it. It helps melt the butter," says Jane Clapp, head trainer and founder of Urbanfitt, who brought Tabata to her fitness studio in January.

Tabata and other interval training methods are rendering steady state cardio workouts — such as going for a long, slow run — passé.

"You see people on the elliptical machine for 30 minutes reading a magazine. That drives me crazy," says Clapp. "If you can read a magazine while working out, you are not working hard enough. That will not help you see results and you won't be present in your body. You also won't get the post-workout calorie burn."

The Tabata Protocol is named after Dr. Izumi Tabata, a former researcher at Japan's National Institute of Fitness and Sports in Kanova. It was first used to train Japanese Olympic speedskaters. The idea is to do an exercise all-out for 20 seconds, then rest for 10 seconds, and repeat this process over and over again for four minutes.

The exercises can be almost anything that uses the whole body — think of old-school calisthenics — burpies, mountain climbers, jumping jacks, hop lunges, push-ups, squats, even skipping.

"You are forcing the body to adapt again and again, versus using the treadmill for 30 minutes where there is only one adaptation phase," explains Clapp.

You're also recruiting large muscle fibres that otherwise sit idle, and making them work hard, Clapp says.

The results? You burn a lot of fat and sugar, and feel pumped afterwards.

"It helps people get their mojo back," says Clapp. "You get blissed-out after — there's a huge endorphin rush."

A study in the Journal of Physiology found that one and a half hours of high-intensity interval training per week was just as beneficial as four and a half hours a week of traditional, steady-state exercise.

A typical class at Urbanfitt might be four minutes of Tabata, some resistance training, another Tabata set, more resistance training, a third Tabata set and then a third set of resistance training. Many of Clapp's clients are working moms who have little time and lots of weight to lose. They love Tabata's efficiency. "I like that it stokes the furnace in people," she says.

From left to right: The first two moves for the Tabata squat, and a demonstration of the Tabata lunge.

3 ways to do lifts at home

CELIA MILNE
for Metro Canada

If all this talk of lifting weights has you intimidated, you can start doing some simple lifts at home.

According to Harvard University's HealthBEAT, lifting weights improves muscle strength, bone density, and balance. It can also help you control your weight and aid your body in sopping up sugar in the blood to fend off diabetes.

Here are three exercises you can do at home using a chair that has armrests.

1 **SEATED BRIDGE:** Sit slightly forward in the chair with your hands on the armrests. Slowly raise your bum off the chair until you're almost standing. Slowly sit back down.

2 **TRICEPS DIP:** Put your chair against a wall. Sit in the chair and put your feet together flat on the floor. Put your hands on the armrests of the chair. Lift yourself up a few inches by straightening out your arms. Slowly let yourself back down.

3 **STANDING CALF RAISE:** Stand behind the chair and hold onto the back of it. Raise yourself up on tiptoe, then lower yourself back down.

For each of these exercises, do eight to 12 repetitions. Rest and repeat the set.

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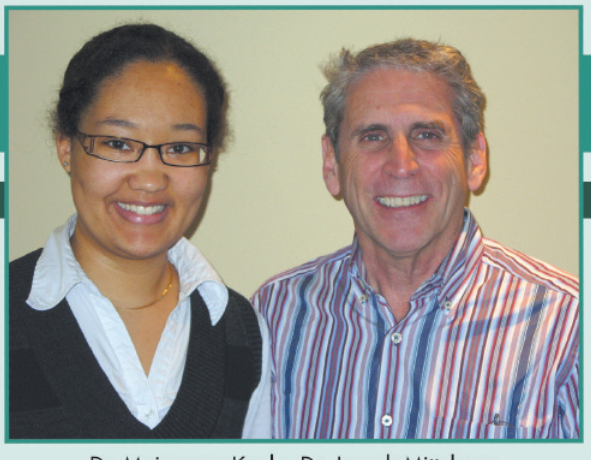
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Study links miscarriages to antidepressant use
A new study suggests taking antidepressants during pregnancy may increase the risk of miscarriage. The study of more than 5,100 pregnant women in Quebec found taking antidepressants in the first trimester increased the overall risk of miscarriage by 68 per cent. THE CANADIAN PRESS

Working on being single

The J Spot
Josey Vogels
metronews.ca/thejspot

There are a gazillion books aimed at helping couples get their relationship in shape. And, it seems there's a gazillion more to help single people meet someone to have a relationship with (so they can then eventually buy the first gazillion books when said relationship eventually goes to pot).

But it seems to me there are very few books focused on how to be the best single person you can be. Which is too bad, because we all know that the only way to find a relationship is to be the best you can be when you're in your best shape as a single person.

And when I say "in shape," I'm not talking endless squats and a high-fibre diet (though getting in physical shape and feeling healthy does help you feel good about yourself). I mean getting in shape emotionally and mentally.

This can be tough in a society that acknowledges every stage of coupledom — anniversaries, moving in together, marriages, kids — but rarely celebrates the joys or marks the milestones of single life.

A study that came out a few years back said that, today, most typical urban-dwellers cohabited an average of nearly four years and were married about 18. The rest of the time — an average of about 19 years — they were dating or alone, with no steady companion.

Given we spend as much of our lives being single as we do partnered, surely being single deserves a little more respect. So, while it's hardly a match for all the advice out there on how to get your relationship in shape, here's my advice for getting your single life in shape:

FLICKR/LIWANN
Enjoying a nice candlelit dinner at home is a great way to get your single life in better shape.

• Enjoy a Saturday night at home alone with a movie and a glass of wine without feeling like a loser.

• Host Christmas in your own place with your own friends.

• Relish the fact that you get the whole bed to yourself.

• Enjoy a solo candlelit dinner at home.

• Treat yourself to dinner at a fancy restaurant.

• Travel on your own. You always meet more people this way.

• Enjoy the fact that you can make plans without having to consult anyone but yourself.

• Remind yourself that you get to be the "cool" aunt to your nieces and nephews without having to foot their college tuition.

• Stay out all night without having to check in.

• Realize that you're just as imperfect at being single as most people are at being in relationships.

• Remind yourself that most married people have just as many moments where they feel like they wished they were single again as you wish you were in a relationship.

• Know that you're happier on your own than in a mediocre relationship.

If you do want to date and are feeling out of shape, check out some Spring Training Dating Tips in Josey's Sexcetera Blog at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Intense exercise has more benefits: Study

PROGRAMS Here's more evidence that higher intensity is better in exercise. In a recent study, exercise physiologist Gordon Bell from the University of Alberta recruited 128 physically inactive but healthy men and women between the ages of 27 and 65. He divided them into two groups: one group walked and the other did a traditional aerobic fitness program.

After six months, those in the fitness program enjoyed greater health benefits than those who merely walked.

The fitness program had greater benefits in terms of blood pressure and peak oxygen intake — a way of testing breathing to see if the body has adapted well to the stress of exercising. Bell said that a walking program is still a healthy thing to do, and more effective in one way — people are more likely to stick with it.

CELIA MILNE/FOR METRO CANADA

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The importance of a good night sleep cannot be understated. The better our sleep, the more refreshed and alert we feel the next day. Our decision making is sharper. Even our metabolism functions better meaning we can burn more calories throughout the day, including while we sleep.

Unfortunately, conditions such as **sleep apnea** can impact negatively upon the quality of your sleep and that of your partner. It is a more common condition than many people realize. And **it is one that your dentist may be able to help with**.

What is **sleep apnea** you may be wondering? It **is a condition whereby the airway becomes obstructed during sleep**. Depending upon the severity, a person may actually stop breathing for a prolonged period and actually have to wake up in order to restart their breathing. The individual may not recall waking up, but they likely will not feel as though they had a good night sleep when they get out of bed in the morning.

There are a number of **potential causes of sleep apnea**. For instance, people who are **overweight** are more likely to suffer from it. It can also be caused by large tonsils or other physical attributes that interfere with the breathing passage

Dr. George Parry
Dental Surgeon

(a deviated septum, enlarged tongue). In some cases, the muscles of the throat or tongue simply become so relaxed that they interfere with normal breathing.

People who suffer from sleep apnea are more likely to snore. In fact, when a person has to wake up in order to open the airway and restart breathing, it is usually with a loud snore or gasp. This can then disrupt the sleep of a partner. It is estimated that **partner's of sleep apnea sufferers lose 1 hour of sleep a night.**

Through the use of a **custom-fitted bite splint, your dentist may be able to help reduce the symptoms of sleep apnea**. A properly constructed bite splint can reposition the lower jaw in such a way as to maintain an open airway during the night. An open airway means more constant breathing and a better sleep.

It is imperative that you visit your dentist to have a properly constructed bite splint for you. Merely purchasing a mouth guard from a commercial vendor could result in an improper adjustment to your lower jaw. At best, this may not help your sleep apnea. At worst, it could put pressure on your jaw leading to increased jaw pain and headaches. In other words, you could compound your problems.

It is important to note that a bite splint will not help in all circumstances. People with moderate to mild sleep apnea are more likely to experience success with this treatment. You should **consult your dentist and your physician to see if it might be the right remedy for you**.

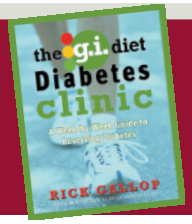
So if you do suffer from sleep apnea, do not be afraid to discuss this with your dentist. Simply inserting a bite splint at night may be just what you need to get back to a good night sleep. Because a good night sleep is a healthy habit…and healthy habits lead to healthy lives

Dr. George Parry
- Dental Surgeon

A toast to SATC

Are you a Carrie, Samantha, Charlotte or Miranda? Now you can identify with the characters of Sex And The City with a new martini glass set personalized with each character's name ($39.99 USD plus shipping). Available online at hbo.com/store. METRO NEWS SERVICES

Food



A guide for Type 2 diabetes

With the number of cases of Type 2 diabetes increasing at an alarming rate in Canada and North America, it's crucial to control weight and blood sugar levels to deal with the disease, says Rick Gallop, author of a new cookbook on the subject. His newest book, The G.I. Diabetes Clinic (Random House of Canada, $24.95 paper), addresses the dietary requirements of those battling Type 2 and pre-diabetes. It is based on a 13-week online e-clinic he conducted with volunteers. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Fancy no-bake cake

Strawberry Margarita Cake

MAKES 10 SERVINGS

INGREDIENTS:

- 15 ml (1 Tbsp) unflavoured gelatin (7 g envelope)
- 1 can (250 ml) frozen concentrated margarita mixer, thawed and undiluted
- 500 ml (2 cups) sliced locally grown strawberries
- 1 pkg of 6 cake dessert shells (142 g/5 oz)
- 30 to 45 ml (2 to 3 tbsp) orange-flavoured liqueur, rum, tequila or orange juice
- 250 ml (1 cup) whipping cream
- 45 ml (3 tbsp) granulated sugar
- 5 ml (1 tsp) vanilla

Topping

- 500 ml (2 cups) sliced strawberries

METHOD:

In a very small saucepan, sprinkle gelatin over 50 ml (1/4 cup) cold water; let stand for 2 minutes. Heat over low heat, stirring constantly, until dissolved, about 1 minute. Let cool.

Meanwhile, puree undiluted margarita mixer with strawberries until smooth. Pour into a large bowl. Stir in gelatin mixture. Refrigerate, stirring occasionally, until starting to thicken. Start checking at 30 minutes; it should not be so thick that you can't fold in whipped cream.

Trim rim from shells to make flat cakes, reserving rims. Place shells in 20- to 23-cm (8- to 9-inch) springform pan, filling holes with rim bits. Press to make even layer. Brush with orange liqueur.

Strawberry Margarita Cake.

In a bowl, whip cream with sugar and vanilla until peaks form when beaters are lifted. Stir one-third into thickened strawberry mixture. Fold in remaining whipped cream. Pour onto cake; tap pan on counter to remove any air bubbles. Refrigerate for at least 4 hours but preferably overnight.

Serve cake topped with berries. THE CANADIAN PRESS

Vino to go with your grill

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Though the cavemen developed lots of useful things (the wheel, fire, the pointed stick), it's possible their most important offering to modern man was the invention of the first barbecue. Okay, so while what I call barbecue was more like survival to them, their original appreciation of a nicely grilled slab of beef still resonates all the way up to my back deck.

When picking a wine match, keep things balanced, fruit forward and not too expensive. There's no reason to spend a bundle on a bottle of vino — especially if you're into wild and expressive sauce and marinades. (Both of which can wreak havoc on a liquid partner).

In South America, where they grill breakfast, lunch and dinner, Argentina is the barbecue champ. True as that may be, I think there's a convincing case for Chilean reds.

The **Carmen 2007 Cabernet Sauvignon** ($10.95 - $13.99) takes the classic grill grape and massages it into a rich, black berry-infused charmer.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

ADVERTISING FEATURE

Real Ice Cream, Real Taste

"Life would be easier if we made cans of peas!" laughs Penny Chapman. Penny is President and co-owner of Chapman's Ice Cream, with her husband, David. Every day she samples ice cream produced at their Markdale, Ontario manufacturing plant. And every day she reads emails and takes phone calls from customers across Canada, ensuring the ice cream tastes as good to them as it does to her.

Customer feedback means everything to Chapman's. When the company was founded, nearly 40 years ago, people didn't expect to see local brands of ice cream for sale. Penny and David made their mark by showing consumers what buying local could really mean. "We brought out 22 flavours when most companies had four," Penny remembers. "We made ice cream that a family could afford. We listened to consumers, and so we grew and grew."

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

Chapman's tapped into a burgeoning movement—a new desire among Canadians for dairy products made from 100% Canadian milk, renowned for its high quality, purity and great taste. "Consumers want honesty," Penny says. "They want to know what they're buying, and if given the opportunity to do so, they'll usually buy Canadian. But not everyone knows what to look for. A company importing ingredients from other countries won't advertise it. A company making products from vegetable oil instead of butter fat won't want consumers to notice. Chapman's uses entirely Canadian dairy products to make our ice cream, and that's why our packaging has the 100% Canadian Milk symbol clearly displayed."

For Penny and David Chapman, that symbol means their customers get what they pay for. And they're paying for more than a food product. "Ice cream makes memories," says Penny. "You buy it for birthday parties, anniversaries—even in tough times, it's a treat you can afford. We're proud to bring such fun into peoples' lives. You can't do that with a can of peas."

100% CANADIAN MILK

100% CANADIAN MILK™

Behind this symbol is a source of pride.

We can be proud of products bearing the 100% Canadian Milk symbol. It means they are made from locally produced milk renowned for its purity, high quality and great taste.

Look for this symbol on your dairy products.

asourceofpride.ca

Taylor opposes Campbell testimony

Defence lawyers for former Liberian President Charles Taylor are opposing a request by prosecutors at his war crimes trial to call Naomi Campbell as a witness, branding the move "a publicity stunt." Prosecutors claim Taylor gave the supermodel blood diamonds in 1997. THE ASSOCIATED PRESS

Entertainment

Hobbit on hold

Director Guillermo del Toro says production delays have forced him to quit the planned film version of J.R.R. Tolkien's The Hobbit. He was slated to direct a two-part prequel to the Lord of the Rings. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

Alice In Wonderland

Director: Tim Burton

THE CURIOUSER AND curiouser thing about Tim Burton's Alice in Wonderland is how he actually manages to find new wonderment in this oft-told tale.

Burton assigns order and drama to Lewis Carroll's 1865 dream fantasy, which suffers from lack of momentum in its traditional telling.

The narrative now has a real arc, complete with prologue and epilogue, that gives meaning to Alice's adventures and also gives her a greater hand in her own destiny.

Newcomer Mia Wasikowska, who resembles a young Mia Farrow or Gwyneth Paltrow, nimbly enlivens the role of Alice, balancing innocence with bravery and intelligence. The Mad Hatter plays a much larger role in Burton's production, which is to be expected since he's assigned to Johnny Depp, Burton's grandest muse. Depp's Hatter is more of a catalyst to action, and a commenter upon it, than he is a major definer of it — which is not to say that Depp doesn't bring some genuine kooky charm to the role.

Some may quibble at the liberties taken, including a terrifying subplot about a dragon that needs slaying, expanded from Carroll's whimsy poem Jabberwocky. But a straight retelling of the original would be to much of a muchness.

This new Alice In Wonderland, is, in a word, frabjous. That's a Carrollian term Wikipedia defines as "possibly a blend of fair, fabulous and joyous." I couldn't have muttered a better utterance.

Peter Howell/for Metro Canada

Say goodbye to the old Much

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

Like millions of Canadians who grew up in the '80s and '90s, I learned a lot about this country's diverse music scene by watching MuchMusic.

I still remember the first time I saw Our Lady Peace's Naveed, and the moment I discovered Sloan through the hilarious wedding-themed video for Everything You've Done Wrong. It was an important channel growing up and, again, like a lot of Canucks, I've been saddened by its move away from music videos to vapid reality TV programs, like A Shot At Love with Tila Tequila.

But despite MuchMusic's love of American programming, the network — currently owned by CTVglobemedia — continues to help fund Canadian-made music videos via MuchFACT (previously VideoFACT). That could soon change. CTV has asked the CRTC to reduce its financial commitment to MuchFACT from seven per cent of its revenue to 3.5 per cent.

Some people will see this as yet another sign that MuchMusic does not want to play videos. Let them strip the station of every single music video if that's what they want. Because it has dutifully promoted Canadian culture for three decades, it's easy to forget MuchMusic is not the CBC. It's purpose is to make money and the reality is that if MuchMusic devoted as much time to playing music videos today as it did 15 years ago, it could be in trouble.

Nowadays, more and more people are discovering music videos online. While I have fond memories of the station, its original purpose is being rendered irrelevant. (If you really like watching videos on TV, tune into AUX TV.)

What concerns me most about CTV's CRTC application is that artists will potentially have fewer opportunities to get videos funded. Beverly McKee, MuchFACTs executive director, admits that if the cut happens, and her organization doesn't make any adjustments, there will be less money to go around. However, because MuchFACT's funding is based on a percentage of the station's revenues, if the station makes more money because of the programming change, MuchFACT could benefit.

Tila Tequila

There are still other places musicians can get money. FACTOR, for instance, is a government-funded organization that helps artists pay for demos, albums and touring, and offers artists up to $20,000 to make music videos. Other local and regional bodies provide marketing or video-specific funding.

Whatever happens, music videos will be around forever; bands will find ways to make them. Relying on a television station to help Canadian artists — and fans learn about new music — is becoming a thing of the past.

And that's fine with me. I said goodbye to MuchMusic a long time ago.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 6/1/10	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		The Jury (Part 4 of 6)		100 Greatest Discoveries		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS "Jet Lag" (HDTV)		(8:59) Glee "Funk" (N)		The Good Wife "Pilot"		News Hour
	-	-	5	SRC	Squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
	209	342	6	CHRO	Canada's Worst Driver		Raising the Bar (N)		*The Transporter* ★★ (2002, Action) Jason Statham.				Comedy Now
	196	311	7	CTV	etalk	Access H.	To Be Announced		Criminal Minds (HDTV)		Law & Order: SVU		CTV News
	208	303	8	CBC	22 Minutes	Laughs	TBA	TBA	TBA	TBA	CBC News: The National		The Hour
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	America's Got Talent Auditions begin in Los Angeles. (N)				Losing It With Jillian (N)		News
	117	713	10	TVA	La Fièvre de la danse (SC)		Caméra café	Taxi 0-22 (SC)	La Grande Évasion (SC)		TVA nouvelles	Sucré-salé	*Alerte noire*
	-	-	11	QS	Wipeout (SC)	Roxy (N) (SC)	La Verité choc		Le Mentaliste Prison. (SC)		Criss Angel	UFC: Les Guerriers	
	137	763	12	TFO	Panorama		Vu du large (SC)		*Les Quatre cents coups* ★★★★ (1959, Policier), Albert Remy				Paradis perdus
	-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS "Jet Lag" (HDTV)		NCIS: Los Angeles		The Good Wife "Pilot"		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	214	344	15	CITY	Hell's Kitchen (N)		America's Got Talent Auditions begin in Los Angeles. (N)				Enthusiasm	Curb-Enthsm	News
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	218	345	18	CHCH	*Shapeshifter* ★ (1999, Fantasy) Paul Nolan, Bill MacDonald.				*Between Truth and Lies* (2006, Suspense) Mariel Hemingway.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Wipeout (HDTV) Couples tackle the obstacle course. (N)				20/20 "Superhumans"		News
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Hell's Kitchen (N)		(8:59) Glee "Funk" (N)		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Help Wanted	NOVA (DVS)		Ribbon, Sand	Independent Lens "Goodbye Solo" (N)			Charlie Rose
news	205	312	104	CTV	etalk	Access H.	To Be Announced		Criminal Minds (HDTV)		Law & Order: SVU		CTV News
	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)		
sports	406	417	27	net	MLB Baseball Tampa Bay Rays at Toronto Blue Jays. From Rogers Centre in Toronto.						Sportsnet Connected		Prime Time
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey	Interruption	North American Poker Tour		North American Poker Tour		SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Cabby Unlimit	College Lacrosse	NCAA Tournament, Final: Teams TBA.			European Poker Tour		Score Now	Score Now
family	411	457	56	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	UFO Hunters		Destin. Truth
	417	406	59	SC	NASCAR Smart	NASCAR Hub	Monster Jam (HDTV) (N)		Bullrun (HDTV)		Race in 60 (HDTV) (N)		Monster Jam
	554	544	48	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Aaron Stone	That's-Raven
	551	542	65	YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
cable variety	570	580	29	MM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	The O.C.
	615	520	31	A&E	The First 48 (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds "Legacy"		CSI: Miami
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV)		Deadliest
	521	560	34	TLC	Happy Family	Happy Family	Happy Family	Happy Family	Happy Family	Happy Family	The Little Couple (N)		Happy Family
	145	761	35	TV5	Zoom animal		Adresse inconnue		Partir autrement		ADN: Accel.	Nouva	TV5 Le Journal
	616	521	39	SHO	The Guard (HDTV)		*A Sister's Secret* (2009, Suspense) Alexandra Paul.				Californication	Diary-Call Girl	NCIS
	620	523	40	BVO	Live at the Rehearsal Hall		Audience Neil Diamond		Rod Stewart Live		Spectacle: Elvis		Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Deadliest Catch (N)		Daily Planet
	575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
	601	562	45	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords	Awesome	Daily Show
	294	529	47	TBS	MLB Baseball Philadelphia Phillies at Atlanta Braves. From Turner Field in Atlanta.						Seinfeld	Seinfeld	Law & Order
	600	564	49	H&G	House Hunters	Property Virgin	Design School (N)		Sarah's House	Genevieve	House Hunters	House Hunters	Holmes/Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Doctor Who		The Listener (DVS)		Defying Gravity (DVS)		Stargate SG-1
	581	566	53	MTV	The Hills	After	Cribs	Hired	The City	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	Colin & Justin's Home Heist		Wife Swap		Wife Swap		Restaurant Makeover		Last 10
	522	506	55	HIS	Ancient Weather (HDTV)		Cities of the Underworld		Pawn Stars	Pawn Stars	MysteryQuest (N)		Weather
	129	773	60	CD	Biographies "Michelle Yeoh"		Dévoré vivant (HDTV)		Voyage d'enfer "Tchétchénie"		Experts en crime		Destr Expr
	261	394	61	V	Murder, She Wrote		May-December	When I Laugh	*Gospel According*		Unscripted	Driven-Vision	Doc
	602	567	62	W	Kim	How Clean	Style by Jury	Beauty Call	Beauty Call	Style by Jury	*Love and Murder* ★★ (2000, Mystery)		
	269	350	70	APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Arbor Live		Beyond Words	Chiefs-Champ	Tears
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show		The View (HDTV) (N)		The Dr. Oz Show		TMZ
	603	561	95	FN	Ricardo	Exotic	Dinner: Impossible		Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant

critics'corner

One Night Only: Rod Stewart Live at Royal Albert Hall

The title says it all. OK, maybe not all, as it doesn't tell you that Stewart has several special guests joining him onstage in this new concert special, including Chrissie Hynde, Jeff Beck and Ronnie Wood. The set list includes such familiar Stewart favorites as "Hot Legs," "Maggie May" and "Stay With Me." 9 PM on 40 BVO

Wipeout

Twelve couples on a first date take on the obstacle course in hopes of winning $100,000 as the goofy competition series returns for a third season with a special two-hour episode. New obstacles featured this season include Overdrive, Bruiseball and Love Handles Fling Set. 8 PM on 20 ABC

NCIS: Los Angeles

After receiving an alert that an agent is in danger, the members of the NCIS team rush to a crime scene where they discover that it's one of their own who is in peril in "Missing." 9 PM on 13 CBS

Aiken demonstrates the passive-aggressive method of trying to get on Glee

While stars like Neil Patrick Harris and Molly Shannon have been lining up for guest spots on Glee, Clay Aiken claims he's not that interested. "I've never seen it," he tells Popeater. "My television is typically tuned to CNN." METRO NEWS SERVICES

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

LINDSAY LOHAN isn't partying like she used to, **BRETT RATNER** has a very specific wish list, **STEPHEN FRY** knows where the real party is, and **SARAH SILVERMAN** wants some answers.

@lindsaylohan i'm with 2 friends now, one just left & we're watching "the stranger beside me" w/tiffani-amber thiessen & eric close- it is NOT a PG film!

@BrettRatner Actors I want to work with: Ted Levine,F. Murray Abraham,Danny Huston,Gong Li, Mickey Rourke.

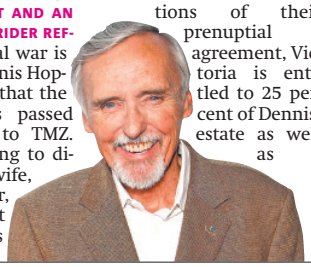
@stephenfry I shouldn't say so, but some of the most interesting people at this party are those crowded outside on the pavement smoking

@SarahKSilverman What's the plan with underwater cities? Are we getting them?

METRO NEWS SERVICES

Battle brewing over Hopper's estate

LET'S HOPE THERE'S A *SPEEDY* RESOLUTION. TOO SOON? (IT WAS BETWEEN THAT AND AN EQUALLY BAD EASY RIDER REFERENCE) A potential war is brewing over Dennis Hopper's estate, now that the iconic actor has passed away, according to TMZ. He had been trying to divorce his fifth wife, Victoria Hopper, since January, but the divorce was not finalized before his death. Under the conditions of their prenuptial agreement, Victoria is entitled to 25 percent of Dennis' estate as well as a $250,000 US life insurance payout if they were married and living together at the time of his death, according to the website. Dennis' lawyer plans to argue that since she was on the same property but staying in a separate house, she was not in fact living with him. "She said she would challenge it, and I fully expect her to do so." METRO WORLD NEWS



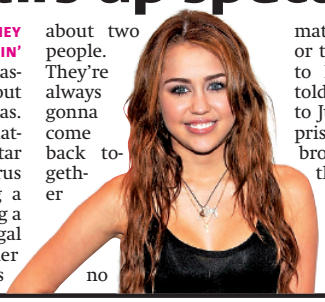
Gaga calls the ghostbusters

UNFORTUNATELY, THE MACHINERY WENT CRAZY WHEN IT GOT NEAR HER COSTUME RACK, STARTED SMOKING, AND MELTED INTO A VISCOUS GOO Lady Gaga is apparently so afraid of spirits from beyond the grave that she's spent more than $4,000 US on ghost-detecting equipment to sweep the backstage area at London's 02 Arena before she show there Sunday, according to the Mirror. Allegedly telling assistants she is terrified of "bad energy," Gaga instructed them to purchase the equipment from a local ghost-busting firm. METRO WORLD NEWS

Cyrus stirs up speculation

AND THE COGS IN THE DISNEY MACHINE KEEP A-SPINNIN' Miley Cyrus can't stop teasing fans with details about her past with Nick Jonas. Though she's happily dating her Last Song co-star Liam Hemsworth, Cyrus couldn't help dropping a reference to Jonas during a recent concert in Portugal while introducing her song, Full Circle. "It's about two people. They're always gonna come back together no matter what anyone says or the bad people that try to keep you apart," she told the crowd, according to JustJared. "Surprise surprise, it's about a Jonas brother — You didn't hear that."

METRO WORLD NEWS



Duchess disses Saudi prince

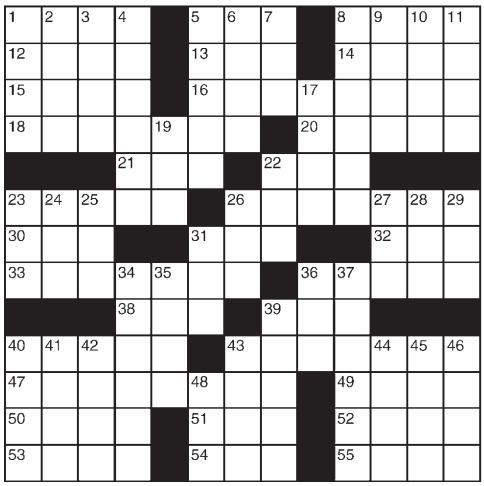
A MODEL OF INTERNATIONAL DIPLOMACY Disgraced royal Sarah Ferguson is in desperate need of money, but apparently she's not that desperate, as she turned down an offer of $4.3 million US from a Saudi prince, according to her biographer, Allan Starkie. "I introduced her to a member of the Saudi royal family who was willing to pay (her debt) off completely," Starkie tells Page Six. "I arranged for Sarah to visit him. He met her alone, clad in flowing robes and a lascivious grin. When he tried to kiss her, she fled home and quickly called me."

METRO WORLD NEWS

The Weather Network ©The Weather Network 2010
Today Thunderstorms 90% 25°/16°
Wednesday Partly cloudy 28°/17°
Thursday Showers 60% 23°/16°
STAY PREPARED WITH OUR MOBILE WEBSITE. Visit theweathernetwork.com on your mobile.

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3		2			8		
7			1					5
		8		6	7			3
		9		1	4			7
6			3	2		9		
1			7	4		5		
3					6			2
		5			1		8	

ACROSS

1 Burn
5 Toward the stern
8 Untalkative sort
12 Corporate illustration
13 Society-page word
14 Traditional stories
15 Leave out
16 French officer
18 Polite
20 Dada artist Max
21 Conger, for one
22 Tibetan beast
23 Mettle
26 First book of the Bible
30 Melody
31 Dine
32 Sort
33 Sexes
36 Defile
38 Ram's mate
39 Hamburger holder
40 Bracelet site
43 Authentic
47 Not at all
stingy
49 Break suddenly
50 Source
51 Exist
52 Advantage
53 Initial chip
54 Same old same old
55 Amount of medicine

DOWN

1 Stop up
2 Base-runner's goal
3 Not "fer"
4 Putrid
5 Christmas tree topper, maybe
6 Sense
7 X on a sundial
8 "2001: A Space Odyssey" author
9 Forsaken
10 Weaponry
11 Encounter
17 College VIP
19 "A mouse!"
22 Still
23 Droop
24 Chart format
25 Coffee shop
vessel
26 Petrol
27 Part of RSVP
28 Under the weather
29 Firmament
31 Prior to
34 Take out of context?
35 Basin accessory
36 Baltimore newspaper
37 Still in the packaging
39 Under siege
40 Taj Mahal city
41 Night light?
42 Entanglement
43 Mentor
44 — -European
45 Run-down horses
46 Duel tool
48 Rowing need

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

C	A	R	T		I	C	H		H	U	L	A		
A	S	E	A		M	O	O		A	N	O	N		
S	T	A	R		P	O	R	R	I	D	G	E		
T	I	P	T	O	E		N	A	R	R	O	W		
			A	N	N	A		P	D	A				
B	E	G	R	U	D	G	E		O	P	E	N		
B	R	A		S	E	R	A	C		E	R	E		
C	A	M	S		D	I	S	L	O	D	G	E		
		E	T	A		P	I	U	S					
A	R	C	A	N	E		N	E	W	B	I	E		
C	O	O	L	I	D	G	E		A	R	A	B		
N	I	C	K		E	N	S		L	I	M	B		
E	L	K	S		N	U	S		D	E	B	S		

7	6	8	2	3	5	1	9	4
3	2	4	9	7	1	5	8	6
5	9	1	6	4	8	7	3	2
9	7	6	8	5	3	2	4	1
8	4	3	1	2	6	9	5	7
1	5	2	4	9	7	3	6	8
2	8	7	5	6	9	4	1	3
4	1	5	3	8	2	6	7	9
6	3	9	7	1	4	8	2	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Corn Country Croquettes

INGREDIENTS:

6 large hard-boiled eggs
284 ml can cream-style corn
1/3 cup all-purpose flour
1/2 tsp onion powder
1/4 tsp each salt and pepper
1/4 cup 1% milk
2 tbsp minced parsley
1 cup seasoned fine dry bread crumbs
2 large eggs, lightly beaten
2 tbsp canola oil

METHOD:

1. Halve eggs. Discard 3 yolks. Finely chop remaining yolks and all egg whites; set aside. In small pot, combine corn, flour, onion powder, salt and pepper. Stir in milk. Cook, stirring, 5 minutes or until thickened.
2. Pour mixture into large bowl. Stir in eggs and parsley. Cover and refrigerate 1 hour.
3. Preheat oven to 300°F (150°C). Spread bread crumbs on plate. In shallow bowl, place beaten eggs. Carefully drop about 1/4 cup chilled corn mixture onto crumbs. Shape into 1-cm-thick patty. Coat patty with bread crumbs, then with beaten eggs, and again with crumbs. Repeat for 8 patties.
4. In 25-cm skillet, heat 1 tbsp oil over moderately high heat. Add 4 patties and cook 8 minutes or until golden, turning frequently. Transfer to baking sheet, cover with foil, and place in oven to keep warm. Repeat with remaining oil and remaining patties.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
No matter who you manage to shock or offend today no one will be able to deny that you are speaking the truth as you see it.

TAURUS ♉
APRIL 21-MAY 21
You'll be amazed by some of the ideas and images that dance through your head over the next 24 hours.

GEMINI ♊
MAY 22-JUNE 21
Chances are you will upset someone who represents all the things you dislike about the way the world is run. Someone has to rock the boat a little.

CANCER ♋
JUNE 22-JULY 22
Every fiber of your being is telling you to do something dramatic but, admit it, you're a little bit afraid. Have faith in your intuition.

LEO ♌
JULY 23-AUG 23
You may be in one of your more outrageous moods at the moment, but remember that if you strike too radical a pose you will have to live up to it.

VIRGO ♍
AUG 24-SEPT 22
You will learn something about yourself today, something you have conveniently managed to overlook for quite some time.

LIBRA ♎
SEPT 23-OCT 23
Someone you thought you knew everything about will turn out to be more unusual than you suspected. Try not to be too judgmental.

SCORPIO ♏
OCT 24-NOV 22
Even if you are the kind of Scorpio who only feels safe in familiar surroundings, you will be tempted by an exciting new offer.

SAGITTARIUS ♐
NOV 23-DEC 21
Don't waste time discussing what you intend to do with other people because they will only try to make you change your mind.

CAPRICORN ♑
DEC 22-JAN 20
Why is it so hard to accept that a loved one has ideas of their own? You don't have to agree on everything. Have you not heard that opposites attract?

AQUARIUS ♒
JAN 21-FEB 18
What happens tomorrow, and the day and the week and the month after that, depends on the decisions you make over the next few hours.

PISCES ♓
FEB 19-MARCH 20
Because you are sensitive by nature it comes as a surprise to some people when you act tough or refuse to back down.

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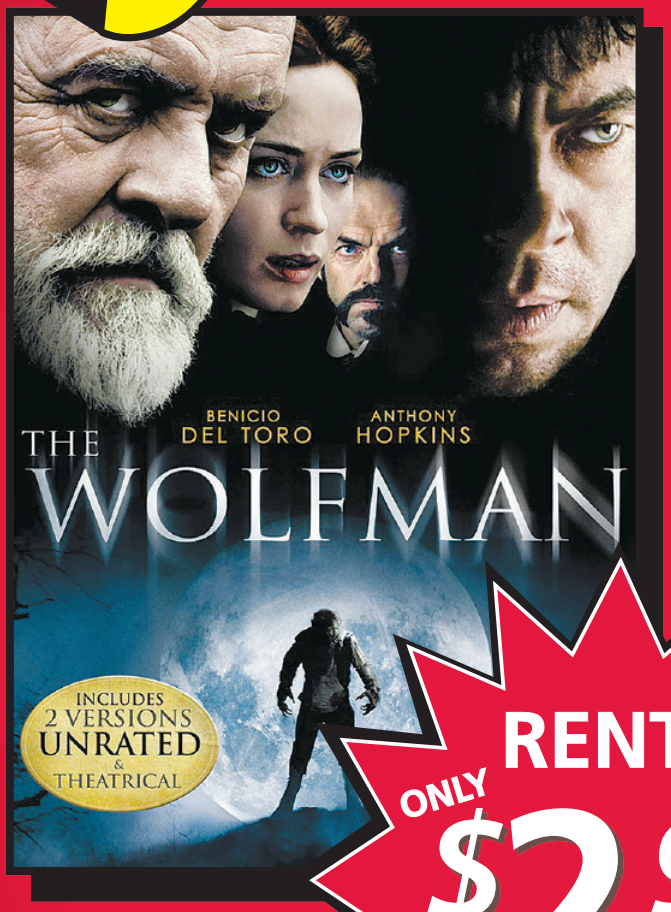

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